



Appalachian Trail Hike

A group of very hardy backpackers marked the end of the drought in New England this May with the completion of Expedition Inspiration's first Appalachian Trail Hike. The hike started near Beckett, MA and was completed 51 miles later, close to Bennington, VT. **Martha Lutz** and her daughter, **Abby Lutz**, of Carlisle, PA, **Michele Zousmer**, EI Board member of Rancho Santa Fe, CA and **Carol O'Loughlin**, EI Programs Manager of Ketchum, ID, faced unrelenting rain and wind conditions for much of the hike. All participants successfully completed the hike, including reaching the summit of Mt. Greylock, the highest point in MA. **Melody Blaney**, of Bluemont, VA, who completed her own "thru-hike" of the entire 2,155 mile Appalachian Trail in

Celebrating the completion of the Appalachian Trail Hike near Bennington, Vermont, (left to right) Carol O'Loughlin, Michele Zousmer, Martha Lutz, Abby Lutz and Melody Blaney.

1996, led the hike. EI's challenging backpacking trip was an especially moving tribute to our founder, Laura Evans, as the Lutz women are Laura's sister and niece. Thank you to all the hikers for their fundraising efforts on behalf of EI. **A special thank you to Melody Blaney, for the generous donation of her time and expertise, in order to make this event a success.**

EI will offer another Appalachian Trail Hike in the Fall of 2002.

Calendar of Events 2002

February 28-	
March 3	6th Annual Breast Cancer Symposium, Sun Valley, ID
May 5	Seattle Take-A-Hike
May	San Francisco Take-A-Hike
June	Boston Take-A-Hike
July	Pinnacle Concert, Sun Valley, ID
July	Mt. Rainier Climb
August	Mt. Whitney Climb
September	Appalachian Trial Hike
October	Boise Take-A-Hike
October	Los Angeles Take-A-Hike
November	Tucson Take-A-Hike

Watch our website for dates.

VOLUNTEER Appreciation Month

Every month is volunteer appreciation month at Expedition Inspiration. Our incredibly awesome team of volunteers makes all of our events possible—from concerts to climbs to Take-A-Hikes. The volunteers include the talented Board of Directors as well as the Medical Board. A MILLION thanks to our volunteers for their time, energy and dedication to finding a cure for breast cancer.

We are always looking for additional help, so please contact us if you are interested in chairing or helping with any of our events.

The Expedition Inspiration Fund for Breast Cancer Research is a registered 501(c)(3) public trust foundation committed to raising funds and awareness to aid in the eradication of breast cancer while promoting the health and well being of those affected by the disease. It is our mission to continue to bring eminent researchers and advocates together until we have found a cure for breast cancer.

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PLEASE HELP US!
 Let us know if your address is correct, if you received duplicate copies of the Update or want to add a friend. Mail, fax or e-mail us. Thanks!

Expedition Inspiration Fund
 P.O. Box 4289 • Ketchum, Idaho 83340



Committed to raising awareness and funds to aid in the eradication of breast cancer

EI Climbs Mount Rainier in Tribute to Laura Evans



Congratulations to all the team members: Lisa Norby (Laura's sister), Harley Norby (nephew), EI Board members Roger Evans (husband), Heidi Mickelson, Deborah Van Dyke King and Dr. Ron Dorn; Stephen Hughes, Kimberly Zunino, Tom Shanks, Eleanor Davis, Dr. Kathleen Grant, a member of the Medical Board, and her husband, Dr. Tom Jackson.

Blessed by brilliantly sunny skies and gentle winds, 12 close friends and family members of **Laura Evans**, the founder of Expedition Inspiration, traveled in late July to climb the majestic 14,410' jewel of the Cascades. This was no ordinary group of summit baggers, rather, this team was fulfilling a special mission. They were roping up as part of Expedition Inspiration's 2001 Rainier climb in memory and honor of Laura Evans.

The team's first challenge occurred before the actual summit attempt. The climb was to be led by Peter Whittaker and his peerless guides at Rainier Mountaineering. However, EI's co-founder, Board Member and Laura's climbing kindred spirit, was recovering from recent Achilles tendon surgery. Unfazed, Win Whittaker, Pete's brother and a renowned climbing guide combined with Erika Whittaker (Peter's multi-talented wife and RMI guide), to lead the way up Rainier's foreboding face.

The climb got underway with a required one-day clinic on glacial climbing know-how, such as ice-axe arrest, traveling in crampons and rope team precautions. The following day, bright skies paired with bright smiles as the team made its way up 4,500' of the glacier's broad ice fields to Camp Muir, the midway point. That evening the team solemnly gathered in a circle, with prayer flags unfurled and candles lit, in a touching tribute ceremony honoring Laura. Memories were recalled, favorite stories were told, and it became evident that Laura was not only there, but she had assumed full control of the normally unpredictable weather, ensuring this would be no ordinary summit day.

After a couple hours of sleep, the team was awakened at midnight. Under a star-filled sky, the arduous summit attempt was underway. Six breathless hours later, the "Tribute Team," powered by Laura's indomitable spirit and her passion for Rainier, reached the glacier's panoramic summit. As a clear, cold day dawned on the summit, guide Robert Link, Laura's good friend and frequent climbing partner, expressed the team's final sentiments and released Laura's spirit forever to the swirling winds of Rainier.

From EI and all of the climbing team, we extend a special thanks to Peter Whittaker and the entire staff at RMI for putting together a masterfully planned event, for their generosity and for their caring. Thanks especially to the stellar group of RMI's professional guides: Win Whittaker, Erika Whittaker, Robert Link, Justin Merle, Anderson Heagy, Brian Williams, Mason Henderson and professional photographer Skye Thompson.

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Message from the Executive Director

I was privileged to have worked with Laura since the 1995 Aconcagua climb. We packed and shipped the team gear together, we copied and sorted press packets together and when she climbed mountains I held down the fort. We climbed Mt. Whitney together with a team of survivors and friends in 1997. Today, when Laura's spirit comes with me to the office and on hikes, I realize how lucky I am to have her example to follow.

In the last year *Expedition Inspiration* has undergone huge changes and has had many challenges. We are fortunate that our founder, **Laura Evans** taught us to meet challenges head on and embrace change. Laura also taught us to never give up, whether it be climbing a mountain or raising funds and awareness to fight breast cancer. We are also privileged to have a committed Board of Directors to guide *Expedition Inspiration* and a dedicated group of volunteers to carry Laura's dream of a cure to reality. We will continue to move forward, one step at a time, planning climbs and hikes, with words of encouragement and support to those who suffer, in any way, from breast cancer.

October is National Breast Cancer Awareness Month. Be a part of the cure. Join Expedition Inspiration on a walk, climb or hike.

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Boise Take-A-Hike October 6, 2001

Join honorary hosts **Suzanne Locklear** and **Anita Kissée** in Boise, Idaho for the 6th Annual Take-A-Hike. Call **208-429-8189** for more information. This event supports breast cancer research at Mountain States Tumor Institute. Thank you **Laurie Barrera**, EI Board Member, for chairing this event again!

Los Angeles Take-A-Hike October 13, 2001

October 13th is the day for the 6th Annual Los Angeles Take-A-Hike. Join honorary hosts **Cindy Crawford**, **Téa Leoni**, **Richard Roundtree** and **Kathy Smith** at the Paramount Ranch in Malibu. This hike supports breast cancer research at UCLA Jonsson and USC Norris Comprehensive Cancer Centers. Thank you to chair, **BJ Dockweiler** and the entire steering committee for their tremendous efforts! Call **213-486-4558** for more information.

Register for either hike on line at www.expeditioninspiration.org click on Take-A-Hike

www.expeditioninspiration.org

Seattle Take-A-Hike

It was just another sunny day in Seattle for the 4th Annual Take-A-Hike and Roll. Held at the beautiful grounds of the Redhook Brewery in Woodinville, over 300 hikers and bladders raised over \$30,000 to support **Julie Gralow, MD** at the University of Washington Medical Center. Dr. Gralow, a member of the EI Medical Board, who also participated in the hike, spoke words of encouragement and support to all who attended. A HUGE thanks to **Janet Parker** for chairing this event for the third year!

Team Weyerhaeuser, again, was a strong presence. Their fundraising efforts qualified the team for a \$2,000 donation from the **Weyerhaeuser Company Foundation**. Thank you for your continued support.

Surain's Team came out in love and support of their friend Surain af Sandberg. Surain individually raised the most funds for *Expedition Inspiration* and Dr. Gralow. Thank you!

A big thank you to the local sponsors: **K-2 Skates, Outback Steakhouse, Red Hook Brewery** and **Whole Foods Market**. And thank you to **Aventis, AstraZeneca** and **Genentech Biooncology** for their support.

Our Take-A-Hike program would not be successful without the continued support of our national sponsors: JanSport, Leki USA, Iowa, Smartwool, SCOTT USA, Summits and Davis Embroidery.

The 2001 Symposium Consensus Statement will be published in the near future in the "Breast Cancer Research and Treatment" Journal. Marc Lippman, MD, of the University of Michigan Health System is editor-in-chief and has attended all of Expedition Inspiration's Symposiums. Many thanks to Dr. Lippman for offering this journal as a forum for our consensus statements.

Successful Aconcagua Summit by Prostate Cancer Survivors

On January 27, 2001 a group of climbers supporting prostate cancer research stood on the summit of Aconcagua, the highest mountain in the western hemisphere. The group, led by **Dr. Terry Weyman**, founder of the **Prostate Cancer Climb**, climbed Aconcagua for the same reason *Expedition Inspiration* climbed, to bring awareness and to raise funds to battle a devastating disease. Weyman climbed in honor of his father who lost his battle with prostate cancer in 1990.

Weyman's group will climb a mountain a year to help find a cure for prostate cancer.

For further information log on to www.prostatecancerclimb.com

Leki USA & Backpacker Magazine Sponsor EI

This spring, *Backpacker Magazine* kicked off a new program—Get Out More! Or GOM! A road team was assembled and outdoor sponsors were selected. Each sponsor supported a different non-profit organization. The idea of "getting outside more" is not a new idea for *Expedition Inspiration*. Thank you **Leki USA** for selecting EI as your non-profit of choice.

Leki USA, a manufacturer of ski and trekking poles has been a sponsor of EI since 1995. They provided custom adjustable poles for the Aconcagua



"Suzanne's Sensational Foods" eBay Auction to Benefit Expedition Inspiration

Suzanne Locklear, owner of Boise, ID based "**Suzanne's Sensational Foods**," will generously donate the proceeds from her Second Annual eBay Auction to *Expedition Inspiration* and another breast cancer foundation. The auction will run the entire month of October—National Breast Cancer Awareness Month. She has collected autographs from some 280 plus celebrities, ranging from movie stars such as Barbra Streisand and

Team and have been with EI every step of the way!

Since the road team geared up, they have driven more than 19,000 miles, visited more than 26 states and made presentations to more than 33 outdoor retailers. Their mission—to challenge and encourage everyone they meet along the way to Get Out More! The team stopped at trailheads, retailers, consumer events and colleges with their GOM message.

The team had lots of important tips, from training to the best backpacking spots, state-by-state. For complete details check out the Backpacker website: www.backpacker.com and click on GOM. Also visit the Leki USA website to view their great line of ski poles: www.leki.com.

Al Pacino to Colin Powell. Suzanne is a breast cancer survivor and has been a strong supporter of *Expedition Inspiration's* Boise Take-A-Hike for several years. For highlights of the autographs to be auctioned and for tips and recipes visit www.suzannesfoods.com. To participate in the auction, go to www.eBay.com and click on the charity section to reach Suzanne's Celebrity Auction. Happy Bidding!

Cedar Mountain Winery Hosts Retirement Party

Linda Ault celebrated her retirement from Lawrence Livermore National Laboratory at a party hosted by Cedar Mountain Winery. Instead of gifts, Linda asked that donations be made to *Expedition Inspiration*! Linda's "retirement" is somewhat short lived—she and her husband Earl, as owners of Cedar Mountain Winery are busy making wine. Five years ago the Aults hosted a silent auction and dinner for their friend and EI team member **Dana Isherwood**. Thank you Linda and Earl for your continued support. Check out their website www.wines.com/cedarmountain or drop in for a visit.

Jazz Under the Stars 2001

EI hosted its First Annual Concert this summer at Trail Creek Cabin in Sun Valley, Idaho. The evening starred **John Shipley** and the **All-Star Jazz Band** and featured songs from his new CD titled "Shipped." It was a beautiful warm summer evening for some hot jazz.

The concert was held to support the annual *Expedition Inspiration* Medical Symposium, held in Sun Valley each year. Julie Gralow, MD, a member of the Medical Board, gave a brief speech on the importance of the Symposium.

Shipley, a songwriter, arranger and producer, as well as a pianist has performed worldwide.



The All-Star Jazz Band included songwriter and Motown producer **Greg Wright** on keyboards and vocals, saxophonist **Michael Lington**, vocalist **Indeya Jones** who brought some cool LA sounds to the evening along with singer **Will Rise**, guitarist **Morris O'Connor**, and drummer **Tony Moore**.

Many thanks to sponsors **First Bank of Idaho, Judie and George Argyros, McCann-Daech-Fenton, Atkinsons' Market** and **St. Luke's Wood River Medical Center** for making our first concert such a success. Over \$85,000 was raised to sponsor the Medical Symposium and support the Annual Young Researcher Grant as well as a Collaborative Grant.

Did you miss our spectacular concert? For only \$15 you can purchase John Shipley's CD "Shipped." Call the office or email us for more information. A portion of the proceeds will go to EI.

www.expeditioninspiration.org